



HOMEGROWN HERO: RENEE WILSON

Renee Wilson is a stellar example of what it means to support your community. In addition to her home garden, she grows food in several locations expressly so she can donate the produce. Renee has been growing at Hamnett Place Community Garden for a while, and this year, when Obama Academy closed down due to COVID-19, she offered to plant the students' seedlings and take care of the school garden. This summer, she donated more than 60 pounds of produce to the Wilksburg Ministries Food Bank!

Renee grew up in Alabama where her family raised their own vegetables and meat, and when she moved to Pittsburgh, she couldn't stand the quality of the food here. She began growing her own, "so I know the food is right," she says. At this point, Renee is self-sufficient and grows all of the vegetables she needs. Her most important advice to new gardeners is simple but essential: water your plants!

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hello gardeners!

What a summer! On one hand, some of us have had more time to spend in the garden since we are staying home. On the other, it's been a hot and extremely dry summer. If you've struggled to keep your plants watered or have had flowers drop on your tomatoes and peppers without forming fruit, know you are not alone! Continue to water deeply every 2 – 3 days and pick all ripe fruit to encourage the plant to produce more.

Homegrown is back installing gardens, and we put in our 300th garden in August! You are part of more than 300 East End households providing their families and neighbors with fresh produce and a connection with the earth, and we enjoy getting to know all of you. We are only able to install a handful of new gardens this year, but those of you still on the waiting list will receive them next spring. As always, if you have questions or need help, feel free to contact us at **412-385-7282**. Happy gardening!



Phipps Conservatory and Botanical Gardens
One Schenley Park, Pittsburgh, PA 15213-3830

FOR YOUR HEALTH: SPAGHETTI SQUASH

Spaghetti squash is the original low-carb, high fiber food that has been popular before such diets started trending. Related to both pumpkins and zucchini, spaghetti squash should be planted in May, harvested in late summer and stored in a cool pantry over the winter. When cooked, the spaghetti squash flesh falls apart into noodle-like strings, which can be covered with sauces. Some of its benefits include:

- Full of fiber, which improves digestive health and feeling full after a meal
- High levels of Vitamin C, Vitamin B6, manganese and the antioxidant beta carotene
- Only 42 calories per cup of cooked squash

Pick up a spaghetti squash, and see why so many people have replaced their white flour pasta with this vibrant food.

Source: healthline.com



GARDEN TIPS: ROW COVER

How many of you love the improved flavor of collards after it gets cold? A lot of us keep our greens past the frost. With a lightweight fabric called **row cover**, it's easy to protect your cold-tolerant crops well into November and even December.

Row cover **prevents light frost** from landing on crops, while **allowing sunlight and rain** to pass through to the plants underneath. Use it to cover **kale, collards, spinach, Swiss chard, parsley, cilantro and scallions**. Either **let it float** on top of the plants, or **use hoops** to support the fabric, with bricks holding down the corners. You can make hoops out of 12-inch rebar pieces stuck halfway in the ground and use a flexible plastic pipe to slide over the ends, or use purchased or homemade curved 9 gauge wire hoops (see pictures to bottom right).

Row cover is sold by most garden suppliers **in stores and online**, and cost \$15 – \$30 depending on the size. Put it on your plants once a frost is predicted (usually mid-October), and remove it when you want to harvest. You can also plant and cover early crops in March and April.



UPCOMING EVENTS

Homegrown Virtual Classes

Herbal Remedies: Oct. 8 | 6 – 7:30 p.m.

Taught by Ebony Lunsford-Evans

Homemade Fertilizers: Nov. 12 | 6 – 7:30 p.m.

Taught by Trina Goggins

Email aglick@phipps.conservatory.org or call or text Allison at 412-385-7282 to receive the Zoom meeting link.

Homewood Farmers Market

House of Manna, 7240 Frankstown Ave

Every Saturday until Oct. 31 | 10 a.m. – 2 p.m.

Now accepting delivery orders! Call OBB at

412-731-1908 or email nwashington@obbinc.org.

Garden Resource Center

147 Putnam St. | Open hours until Sat., Oct. 31:

Wednesdays and Fridays: 3 – 6 p.m., Saturdays: 9 a.m. – 3 p.m.

RECIPE OF THE MONTH: SPAGHETTI SQUASH PESTO BOATS

Ingredients

- 1 spaghetti squash, halved and seeds removed
- 1 bunch kale, roughly chopped, stems removed
- 2 cloves garlic
- 2 Tbps. walnuts, toasted
- 1 tsp. lemon juice

- ¼ cup Parmesan cheese
- ¼ cup olive oil
- Salt and pepper to taste
- Sundried tomatoes (optional)
- 8 oz. sautéed mushrooms
- 1 cup white beans, cooked
- 2/3 cup mozzarella cheese, shredded

Directions

1. Place the squash cut side down in a microwave-safe container with 1 inch of water. Cover with plastic wrap and microwave 15 – 20 minutes. When cooled slightly, shred flesh with a fork.
2. Meanwhile, in a blender or food processor, combine the kale, garlic, walnuts, lemon juice, Parmesan, olive oil, salt, pepper and sundried tomatoes (if using).
3. Mix ¼ cup pesto with the mushrooms and white beans until evenly combined.
4. Fill the squash with the mixture, top with mozzarella and broil until cheese is melted.

Source: flavorthemoments.com